

Cover Your Cough

not your hands.

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve,

Put your used tissue in the waste basket.



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You may be asked to put on a surgical mask to protect others.



Wash with soap and water

or

clean with alcoholbased hand cleaner.





EmergencyManagementDivision Camp Murray, WA 98430-5122

Web site: www.emd.wa.gov 253-512-7000; (800) 562-6108



Web site: www.doh.wa.gov 360-236-4027; (800) 525-0127 CleanYourHands

after coughing and sneezing.